

Team Guide

The poster features a vibrant, abstract illustration of various legs and feet in different colors (purple, teal, blue, pink, brown) stepping forward on a green grassy field. The title 'The Marchathon' is written in a large, yellow, hand-drawn font, with 'Step Challenge' in a smaller, blue, sans-serif font below it. The background is split into a blue top half and a green bottom half.

The Marchathon
Step Challenge

TEAMS OF 3-6
Leaderboard
and Weekly
Competition Prizes

2nd-27th
MARCH 2020

Sign Up Now
ActiveTravelLogger.ie

www.marchathon.ie

smartertravel >>> campus smartertravel >>> workplaces **TFI** TRANSPORT FOR IRELAND STworkplaces   STcampus   

Team Guide - Marchathon Step Challenge

1 How to start?

Get together with a team of 3 to 6 people.

1. Team Captain registers the team name at www.activetravellogger.ie
2. After registering the team, the Team Captain will send invitations to the team members to join the team. This can be done by going to "Manage my team – Invites – New Invite – Lookup User" in the Active Travel Logger. If your colleagues have used the Logger before you will find their details on the system or the Active Travel Logger will email your colleagues work email. If the team captain can't find a team member, the team member should send the team members registration link to that person so he/she can register on the Active Travel Logger.
3. All team members* set up individual accounts on the Active Travel Logger website to log steps. You also can use the account from a previous year.
4. Watch your progress and view Leaderboards on www.activetravellogger.ie.

*If you don't have access to a pc, tablet or smart phone, don't worry - your Team Captain can log steps on your behalf, but you do need to have a valid email account.

We've tried to make the Active Travel Logger website simple to use, and you'll find some screen grabs at the end of this guide to show you what to look for when registering, logging activity etc. But if you have any questions, just get in touch – stepchallenge@nationaltransport.ie.

To Count your steps, you can –

- Use an app; OR
- Use your own step counter or activity tracker.

Remember that only steps count – so no swimming or cycling or scuba diving!

Ready, Steady, Go!

Get stepping and counting on **Monday 2nd of March**, until **Friday 27th of March 2020**.

To Log your Steps

To feature on the Leaderboards, you'll need to log onto www.activetravellogger.ie throughout the Challenge and register your steps.

If you don't have access to a smartphone, tablet, or PC, your Team Captain can log your activity on your behalf.

Check out the leader boards at the end of every week to see how your team is doing and remember to **keep stepping!** Rome wasn't built in a day.

2 How do you win?

If you're taking part and moving more, you're winning, but we know you can't put that on the fireplace or in the trophy cabinet, so we've got lots of goodies to keep you going. There'll be prizes throughout the Challenge for team photos, achieving weekly goals, limerick competition and all sorts of fun. And of course, there are **the Leaderboards...**

*The Challenge made me **step away from my desk** during lunch hour where before I would work through to get work done, made me realise the **work will still be done when I get back** and the hour walk outside gave me **a boost of energy!** Previous Participant)*

If you're stuck looking at your keyboard when you'd rather be sporty, don't worry, we have a Leaderboard for you. Get moving as much as you can throughout the day, when you're away from your desk, and you'll be competing against keyboard warriors like yourself for the top of the **Desk Based Leader Board**.

We know you're doing the marathon and a triathlon and walking the prom in the evening, but can you beat Mary or John in Accounts who are getting in their steps at Zumba on a Saturday? Let's see... in the **General Leader Board**.

3 More questions?

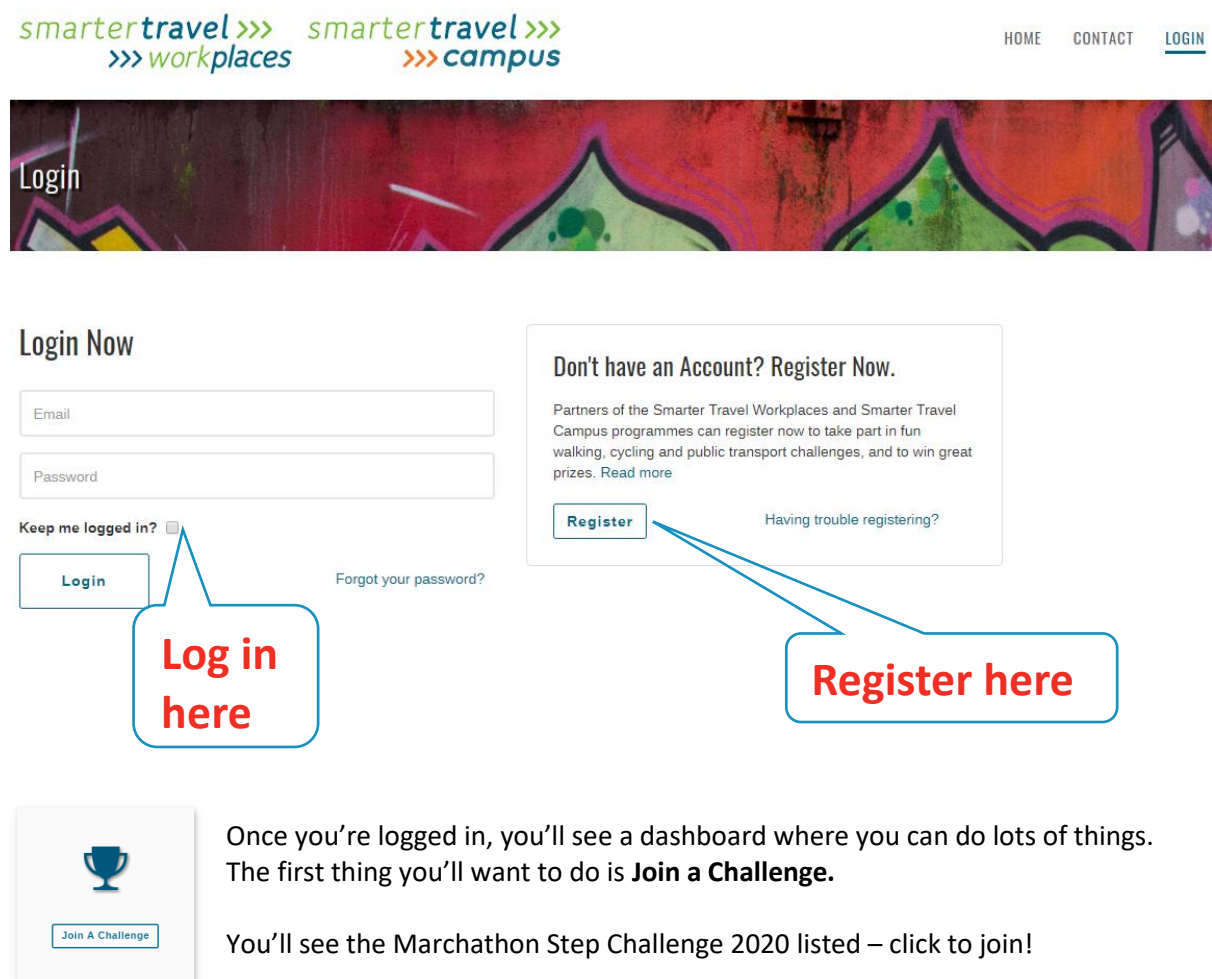
See our FAQs on www.marchathon.ie and if you still haven't got your answer, get in touch.

You can find out who your Workplace Coordinator is on the Contact page once you've logged into the Active Travel Logger, or email stepchallenge@nationaltransport.ie.

www.activetravellogger.ie

4 Step by step explained

Below the is step by step explained how to use the Active Travel Logger.



The screenshot shows the homepage of the Active Travel Logger website. At the top, there are logos for 'smartertravel >>> workplaces' and 'smartertravel >>> campus'. Navigation links for 'HOME', 'CONTACT', and 'LOGIN' are in the top right. A large banner image with the word 'Login' is visible. Below the banner, the 'Login Now' section contains fields for 'Email' and 'Password', a 'Keep me logged in?' checkbox, a 'Login' button, and a 'Forgot your password?' link. A callout bubble points to the 'Login' button with the text 'Log in here'. To the right, the 'Don't have an Account? Register Now.' section contains a paragraph about registration, a 'Register' button, and a 'Having trouble registering?' link. A callout bubble points to the 'Register' button with the text 'Register here'. At the bottom left, there is a 'Join A Challenge' button with a trophy icon. To the right of this button, text explains that users will see a dashboard with various challenges, including the 'Marchathon Step Challenge 2020'.

Login Now

Email

Password

Keep me logged in? ☐

Login

Forgot your password?

Log in here

Don't have an Account? Register Now.

Partners of the Smarter Travel Workplaces and Smarter Travel Campus programmes can register now to take part in fun walking, cycling and public transport challenges, and to win great prizes. [Read more](#)

Register

Having trouble registering?

Register here

Join A Challenge

Once you're logged in, you'll see a dashboard where you can do lots of things. The first thing you'll want to do is **Join a Challenge**.

You'll see the Marchathon Step Challenge 2020 listed – click to join!

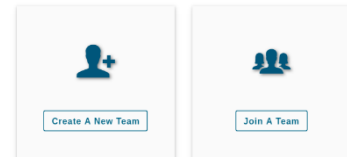
Marchathon Step Challenge 2020

📅 02/03/2020 12:00:00 AM - 27/03/2020 11:59:59 PM

Activities: Steps

Marchathon is the annual Smarter Travel Workplaces & Campus Walking Challenge that runs in March each year. It's a team challenge, with teams of 3-6 people signing up and aiming to take as many steps as possible during the challenge, particularly on the commute. Follow us on social media for more information
www.facebook.com/stcampus www.facebook.com/stworkplaces

If you're going to be the Team Captain, then you can 'Create a Team'. If you're going to be a Team Member, you can 'Join a Team'.



Team Captains

Name your team and tell us whether your team is primarily desk based during work hours.

Create Team - Marchathon Step Challenge 2020

📅 02/03/2020 12:00:00 AM - 27/03/2020 11:59:59 PM

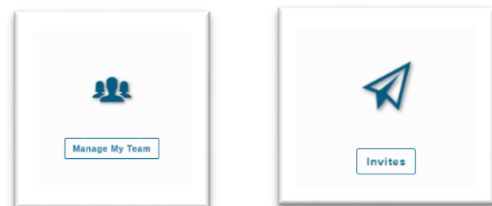
Activities: Steps

Create a new team to participate in Marchathon Step Challenge 2020

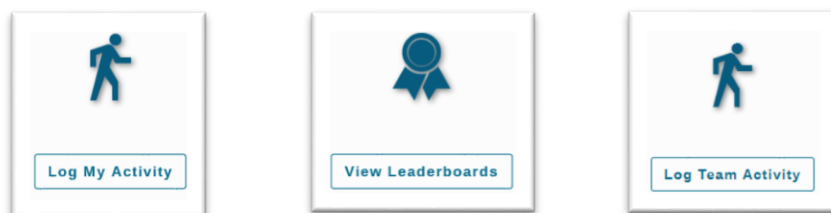
By creating a team, you will be made team captain, and be able to add / remove members.

You can invite people to join your team under 'Manage My Team - Invite'.

You can send email invites to your colleagues, or look up other members who have already registered on the Active Travel Logger to send them an invite to join one of your organisation's teams.



Team Members and Team Captains - Once the challenge is live, remember to log back in to log your steps and view the leaderboards. Team Captains can also log the steps for all the team members.



Logging your journeys is simple!



We look forward to seeing you on the Marchathon Leaderboards!